

## HEALTHY SNACK RECIPES FOR KIDS

### Ants on a Log

5 stalks Celery  
1/2 cup peanut butter  
1/4 cup raisins

Cut the celery stalks in half. Spread with peanut butter.  
Sprinkle with raisins.

### Dinosaur Eggs

2-6 oz. pkgs. Lime gelatin powder  
1 1/2 cups boiling water  
1/2 tsp. ground cinnamon  
1 cup cold milk  
1 pkg. instant vanilla pudding mix

Dissolve gelatin in boiling water. Let stand at room temperature for 30 minutes. Stir in cinnamon. Beat milk and pudding mix until blended. Whisk into gelatin until smooth. Pour into a 13x9x2-inch pan coated with non stick cooking spray. Refrigerate for at least 3 hours. Cut into ovals.

### Apple Ladybugs

2 red apples  
1/4 cup raisins  
1 tablespoon peanut butter  
8 thin pretzel sticks

Slice apples in half from top to bottom, and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.

Dab peanut butter on to the back of the "lady bug", then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

### Beary Good Snack Mix

16 oz. crackers, graham, honey, squares (bear-shaped mini grahams)  
2 cups cereal, Cheerios  
1 cup nuts, peanuts, honey roasted  
1/2 cup seedless raisins  
1/2 cup baking chips, milk chocolate morsels

Combine all ingredients in large bowl or resealable bag. Mix will. Store in airtight container.

### Banana Snack

1 Banana, medium, fresh  
1 tablespoon Peanut Butter

Cut banana in half then slice it down the middle. Take half a banana and put peanut butter between it. Wrap in saran wrap and put it in the freezer for at least two hours.

### Frozen Yogurt Pops Serves 3 to 4

1 8-oz. container of your favorite flavor of yogurt

Pour yogurt into small paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using a popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid. Remove the plastic wrap, peel away the paper cup, and eat your pop!

### Peach Freeze Serves 3

1/2 cup milk  
1 cup sliced peaches (they can be either fresh or canned; if using canned peaches, use peaches packed in their own juice instead of syrup)  
1 teaspoon sugar

Pour the milk into an ice cube tray and freeze until solid. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth. Pour your peach freeze into serving dishes and serve right away.

### Incredible Edible Veggie Bowls Serves 1

1 green, yellow, or red pepper, washed  
1 bunch of celery, washed  
1 carrot, washed and peeled  
Your favorite salad dressing

Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl. Cut the other half of the pepper into skinny slices. Cut the carrot into skinny sticks about 4" long. Cut celery into skinny sticks so each one is about 4" long. Put a little salad dressing in the bottom of your pepper bowl. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

### Tiny Pizzas Serves 1

1 standard-sized bagel, cut in half  
Tomato sauce  
Shredded mozzarella cheese  
Toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)  
Seasonings like oregano, basil, and pepper  
Set the oven to low heat. Spread tomato sauce on each bagel half. Sprinkle the shredded cheese all over the tomato sauce on each half. Add your favorite toppings. Put a light sprinkling of seasonings on each half. Put your bagel halves on the baking sheet. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly. Let cool for a minute, then enjoy your tiny pizzas!